

Fall 2001 Recipes

Side Dishes

Harvest Succotash

This dish was created by the indigenous American people.

Serves 4

Provides 2 1/2 vegetable servings per person

- 2 teaspoons mild olive oil
- 1 medium onion, chopped (1 1/2 cups)
- 3 cloves garlic, crushed
- 1 jalapeño pepper, finely chopped with seeds (if you like it hot) or seeds removed
- 1 tablespoon mild chili powder
- 1/4 teaspoon salt
- 2 cups frozen corn kernels
- 2 cups frozen baby lima beans or green beans
- 1 cup low-sodium chicken or vegetable broth

Garnish

- 2 tablespoons chopped cilantro (optional)
- 2 tablespoons toasted sunflower seeds

1. Heat the oil in a high-sided skillet on medium high. Sauté the onion 3 minutes then add the garlic and jalapeño and cook 1 minute more or until the onions are soft but not browned. Season with the chili powder and salt.

2. Add the corn, lima beans and stock. Bring to a boil. Reduce the heat and simmer 10 minutes.

3. Serve topped with the cilantro and sunflower seeds.

Nutritional Analysis

Per Serving:

282 calories

7 g fat

22% calories from fat

1 g saturated fat

3% calories from saturated fat

49 g carbohydrates

335 mg sodium

8 g dietary fiber